

PRIDEFEST 98 IS SET!

The date for Indiana's largest gay, lesbian, bi-sexual and transgender festival will be held on Saturday, June 13, at the Veterans Memorial Plaza in Indy. The event will continue the 18-year tradition of Justice, Inc. sponsored events for Indiana and for the 3rd year, the Indiana Word will serve as the sole commercial sponsor. Also, in keeping with the Word's tradition, all proceeds after expenses will be divided between Justice, Inc. and the Gender Fairness Coalition, which works in the General Assembly in support of women's rights and gay and lesbian civil rights. Last year 72 booths and vendors were on site and police estimated the crowd at 10,000 making this event the largest-ever community event held in Indiana. Commercial booths fees are \$100 and not-for-profits booths are \$75, with an additional fee of \$25 per booth for any booth needing electricity on their site.

For more information, Ted Fleischaker, chairman, at 317-725-8840.....e-mail: indword@iquest.net.....FAX 317-687-8840.....or write PrideFest, 501 Madison Avenue, Suite 307, Indianapolis, IN. 46625.....Forms for booth and vendor space are available on the PrideFest web site....

<http://www.indword.com/pride>



WHISTLE STOP SOFTBALL

Get your glove, Get your spirit, Give us a try....if you want to have a good time with other wimmin.....call Coach Julie at 616-695-7311 or Sherrill at 616-684-6913 by April 8, if at all possible. But if you can't call by the 8th, call as soon as possible.



1998 GAY GAMES
IN AMSTERDAM
JULY 31 - AUGUST 9



From Parade Magazine: THURSDAY, APRIL 23 is "Take Our Daughters to Work Day"

Millions of Americans will take their daughters, aged 9 to 15, for an inside look at the workplace. If you don't have a program planned, visit the event's sponsor, the Ms. Foundation at <http://www.ms.foundation.org>. The site includes a map to click on to learn what's happening in your area. You can also call 1-800-676-7780

"A Women's Circle"

is broadcast from 6:00 to 7:00 P.M. every
Sunday on WGCS, 91.1 FM



The 4th Annual Gathering of Priestesses: A Conference on Leadership and Service in the Goddesswoman Community, will be held May 15 thru 17, in Madison, Wisconsin. The Re-formed Congregation of the Goddess-International invites all women to participate in an exciting, supportive and thought-provoking weekend. Come together to discuss how we, as priestesses of the Goddess, are forming women's

religion, create ritual with sister Priestesses from around the country, and attend workshops on topics like: How language forms our future*, The future of healing; traditional & alternative modalities*, The future of Dianic Wicca * and much more. The Gathering will be held at a state park approx. 2 hours from Madison. The indoor camp includes a lodge and bunkhouse style cabins with bathrooms and hot showers. Vegetarian meals served. Artists/craftswomen's market with products and services for sale. Send a SASE for free brochure to: Gathering of Priestesses '98, RCG, Box 6677, Madison, WI. 53716 or call 608-257-5858 (Deb or Jade)

COMMUNITY OUTREACH PROGRAM

At a recent committee meeting of wimmin from different groups, we discussed ideas of how to get more wimmin involved. We have scheduled a community potluck to be held once a month at the Southside Christian Church, 1329 East Jackson Road (off Miami Road), South Bend.

EVERYONE IS WELCOME:

Bring a Dish to Share

Saturday, April 11.....at 6:00 P.M.

Saturday, May 9.....at 6:00 P.M.

Following these dates, we will re-evaluate the program and get the participants input on scheduling additional potlucks and other social events.

OPEN ARMS Publishing Deadline

The deadline for the May newsletter is April 15th. Submissions received after April 15th may not be published in the May newsletter. Please send submissions to Open Arms, P.O. Box 845, Mishawaka, IN. 46546 For more information call or e-mail any staff member.....

e-mail address mdills@juno.com

e-mail address suze3@juno.com

Kaye & Marcia..... 219-271-0338

Suze..... 219-254-8676 (beeper)

community events

"SINGLED OUT" singles group

Singled Out for April will be combining with others for the bus trip to Chicago on April 18th to see Jamie Anderson. Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome. Any questions??? call Linda at 219-257-9082 or Lynn at 219-259-6801

Saturday,Mountain Moving Coffeehouse... 1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934 Donation

Saturday, April 18MMCH....Jamie Anderson.....
"Never Assume" is the most recent of her recordings. Touring nationally since 1987, Jamie sings "funny and touching songs about life and romances of an average goddess babe lesbian".

OPEN ARMS has reserved two vans to travel to the Jamie Anderson concert at the Coffeehouse. If you are interested in attending this concert, please call 219-271-0338 for more information.....NOTE: THE 1st VAN IS FULL AND THE 2nd IS FILLING QUICKLY: IF YOU WANT TO GO, SEND IN YOUR \$5.00 NO LATER THAN APRIL 5th.

Saturday, May 9....MMCH.....Barbara Higbie and Teresa Trull in the long-awaited reunion musical event. Singer-songwriter Trull and pianist/singer-songwriter, multi-instrumentalist Higbie combine their energy and talent that musically range from blues and gospel to folk, rock, jazz piano and fiddle playing.

Saturday, July 11.....MMCH.....Alix Dobkin, the irrepressible singer/songwriter/storyteller will close out MMCH's 23rd season

Saturday, April 4, WIA Goddess Rocks Dance and Silent Auction at The Garrison, 6002 N. Post Road, Indy for more info....WIA, P.O. Box 1427, Indianapolis, IN. 46206; e-mail, wia@indy.net; Home Page: <http://www.a1.com.wia>

Did you know there is a support group for Gay, Lesbian and Bi-sexual Veterans of America (GLBVA)? They meet monthly in Chicago on the 1st Thursday, 7 P.M. at Ann Sather's.....for more information 773-752-0058

LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

Every Sunday Morning 9:30 A.MA Wimmings' Group meets for breakfast at Theo & Stacy's 4311 S. Westnedge, Kalamazoo, MI.....open to all wimmin

Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001
voice mail: (616) 349-4234

Lesbian Growth & Support Group meets Monday nights 7-8:30 p.m., Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information....219-424-7977 also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon.-Thurs., 7-10 p.m., Fri.-Sat, 7-Midnight, Sun, 8-9 p.m.

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

Saturday April 4...Central Region Conference in Chicago "Renewing and Redeeming Society" All Day P-Flag Conference...Sponsors and Volunteers needed!! Call for more info Karen Jackson (708) 474-8239

SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

NORTH/CENTRAL ALLIANCE

A way to make new friends and have a good time doing things you enjoy. Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana. North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903..Voice Mail...317-454-8868

National Organization for Women (NOW)

The Chapter meets the first Wednesday of each month from 7 to 9 P.M. at the St. Joseph County Public Library, Main Branch, lower level, at Main & Wayne Streets in South Bend. Meetings are open to the public and child care is provided for free if you call Joyce (277-8917) by Monday before the meeting. The St. Joe Valley Chapter of NOW shares the national NOW goal of bringing women into full participation in U.S. society now with full rights and responsibilities with men. We work on equality issues where gender, race, sexual orientation, age and class have been used to deny women equal opportunity.

Battle Creek Concord Group meets the 1st & 3rd Thursday from 7 to 9 P.M. We are a group of gay & lesbians who enjoy laughing with old friends and meeting new friends. For more information, please call JR (616-962-6672) or Lynn (616-963-5873)

BAD HABITS

by Lee Lynch

Me and Mean Norma Jean were bullshittin', as she calls it, at the rehab center where she lives now, and she was wishing she could smoke and drink like she used to. The two of us, ex-smokers, ex-drinkers, sat there remembering the romance of our bad habits.

Norma said, "when I was twelve I used to go down the road picking up butts."

"To smoke?" I asked stupidly.

"I was a country girl," Norma replied, as if that explained everything.

It did. I immediately pictured a baby dyke during the Great Depression. Walking on a dirt road, bare-foot, hair pushed back behind her ears, her big brother's thin patched dungarees rolled up above her skinny little girl ankles, Norma would have had a keen eye for forbidden fruit.

"We had a cigarette machine in the lobby of my apartment building," I told Norma. "A pack cost thirty cents. I bought Herbert Tareytons. Remember the ad? The bellboy yells, Hurr-burr Taree-ton!"

"Fifteen cents."

"When you were twelve? Did you ever buy a pack then?"

"All the time."

She'd smoked for over sixty years, until her lungs made her quit. We weren't bullshittin' much that day. Breathing take's most of Norma's energy and she doesn't feel so hot.

The Herbert Tareytons were unfiltered and stale. They made me nauseous, but when I came out, my girlfriend smoked. I took up Kools. Smoking was a part of our puppy love, of who we were, gay kids.

"I quit in December of 1977," I volunteered. "I had the flu and it hurt too much to smoke."

Bad habits were the way some of us got through life. I remember learning to have conversations after I gave up smoking. It seems like when I still smoked all I had to do was make gestures. First came that little strip I pulled off the pack. Then the foil, torn back to reveal two cigarettes exactly. I ditched the crinkly cellophane.

There was a special way to get at a cigarette. Did I tap on the bottom and then pull one out with my mouth? It was definitely not cool to stick fingers in the pack. Fumble-fingers were bad advertising.

Then there was lighting the thing. I favored small Zippos, with their clicking covers. Flick it up, roll the ignition wheel, flick it down, all with the thumb. Matches were more romantic. Leaning toward another woman, hand cupped around the flame, meeting her eyes on the way back up - holding her gaze as long as I could before the smoke got in my eyes.

I didn't say all this to Norma. Some things butch buddies just seem to know about each other.

I did tell her, "I had my first drink when I was seventeen. My parents were away. My girlfriend and another couple were coming over. Pete, the other butch, could get all the beer she wanted. Her dad ran a corner grocery store and Pete would steal beer out of the back. I went to a super market and stuck a six-pack in the shopping cart with the food. The cashier just rang it up. When the kids came over the beer tasted awful to me. But you couldn't have a party without liquor and cigarettes."

Norma was smiling. "My mom made beer."

"Naw. Was this prohibition?"

She nodded. "Once two cops came by and asked her, are you making beer? They searched around and found it and came back saying, you sure make good beer! They drank it all the way to town."

We laughed. Then I asked, "Weren't you scared?"

"Yeah. I was a little scared, but I knew my mother could take care of herself."

I was impressed.

There was a time I couldn't imagine life without my bad habits. But quitting was easy for me. Those were the disco years. I went to bars to dance and drank mineral water because I was thirsty. Alcohol and tobacco interfered with my endurance on the dance floor. The next thing I knew I'd quit the bars and was doing yoga.

Norma gestured to the window, beyond which stretched a large patio with chairs and tables.

"The ladies go out there to smoke," said Norma.

Staff, on smoke breaks, stood near the door. Patients smoked in wheelchairs. It wasn't exactly a gay bar, but Norma wanted to be out there with them in the worst way.

Norma's still a country girl rebel, looking for smoke.

Lee Lynch's new novel, *RAFFERTY STREET*, will be released by New Victoria Publishers in April



COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:

The Court of Friends, P.O. Box 845, Mishawaka, In. 46546

You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#74.....I am a 41-year-old white female looking for a non-smoking feminine woman between the age of 40 - 49. If you're looking for compassion, loyalty, companionship, sensitivity, a good sense of humor and a soft butch who is physically fit, then please contact me. I have a lot to offer.

#75.....My Friend, Are You Out there?

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WELLNESS CORNER



WHAT IS MESSAGE?

by Susan Myers

Massage is one of the most ancient and helpful healing arts. It is fast becoming a well respected science to promote health and well-being, and to treat illness or the response to illness. Essentially what this means is that through the act of physically touching another person, there is great power to enhance the individuals comfort and well-being.

KINDS OF MESSAGE

There are many different types of massage therapy and various types of educational programs to prepare the therapist. Certificate programs offered by schools of message therapy requires rigorous training including theory, demonstration and supervised practicum. In some areas, licensing boards are set up to provide for professional growth, setting educational requirements and standards of care.

METHODS OF MESSAGE THERAPY (includes but not limited to): Swedish massage, Shiatsu, Trager therapy, structural integration, neuromuscular therapy, sports massage, Trigger point work, hydrotherapy, polarity therapy and reflexology.

Each of the methods require different educational preparation and supervised practical experiences. They have different clinical goals which are specific to client needs or interests in various treatments. Qualified practitioners offer services in private practice clinics, health clubs, fitness centers, YMCA/YWCA's, chiropractors offices, nursing homes, hospitals, salons, resorts, in the workplace, at sports events and even in your own home.

Message is part of health care and preventive medicine.

THE NEED FOR TOUCH

Giving and receiving touch is one of the most basic human needs affecting our care and comfort need. Research has demonstrated babies will die if not held. A ten year study conducted at Duke University (Rosen, 1989) on babies and touch confirmed that touching caused a specific biochemical event in the infant which enhanced neurological development and increase in body weight. Consequently, touching is an integral aspect in human development. Touch is needed to receive and give nurturing and recognition. It is critical to positive self esteem. Without it, life is in black and white. Touch is like a burst of spring time in winter's bleak season. Touch and massage speaks the language of trust, gentleness and connection.

WHO BENEFITS FROM MESSAGE?

People in all areas benefit from massage such as: athletes, counselors, carpenters, doctors, nurses, health professionals, performers, teachers, salespersons. Massage is available for mothers and mothers-to-be to relieve the discomforts of pregnancy and postpartum period and for infants and children to help facilitate the growth process. It is helpful for the elderly to help circulation, promote flexibility, improve sleep, and enhance a sense of worth. There are massage therapists who specialize in these areas and offer classes for people to learn about the benefits of massage.

HOW IT WORKS

The very act of giving/receiving massage is placing the self in a stress reduction environment.

.....continued on page 5



IN THE NEWS



press release from the Victory Fund.....

Gay and Lesbian Victory fund candidate Liz Malia coasted to an easy victory in a special election for a seat in the Massachusetts House of Representatives, winning with nearly 67% of the vote. She will become the first openly lesbian member of the Legislature since 1978. In the race for mayor of Tempe, Arizona, Victory fund candidate Neil Giuliano held off a persistent gay-baiting campaign and won re-election with 56% of the vote. Victory Fund Executive Director Brian Bond says that the openly gay Republican mayor's victory "proves that mean-spirited tactics against openly gay and lesbian candidates will ultimately fail because a clear majority of fair-minded citizens believe that good government, provided by leaders regardless of their sexual orientation, should be rewarded."

In separate races for the Multnomah county Board in Oregon, Victory candidates Barbara Willer and George Eighmey both advanced to the May 19, run-off election. Willer ran a very close second in a field of four and Eighmey ran second among three candidates. In a race for Wilton Manors, Florida, City Council, openly gay candidate Gary Resnick will join John Fiore, a former Victory Fund candidate, on the council. Resnick won one of two open city-wide seats against six opponents.

The Victory fund is the only national organization whose sole mission is to increase the number of qualified openly gay and lesbian public officials. The country's 14th largest nonconnected PAC, the Victory fund has generated \$1.6 million for qualified candidates.

For more info., contact Brian Bond, 1012 14th Street NW, 10th Floor, Washington, DC 20005 Voice: 202-842-8679; Fax: 202-289-3863 or e-mail: victoryf@aol.com

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We would be happy to add your service and telephone # to this column for free; just send the information to
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MASSAGE.....continued from page 4

PHYSICAL EFFECTS:

Massage triggers the parasympathetic branch of the nervous system to send messages to the body to relax, slow down and take time to heal. As the relaxation response is stimulated, muscle tension is released, circulation is increased, sensory receptors are activated, and toxins from the body are carried away. Pain associated with muscle tension, stiffness, spasms, joint inflexibility, or limited range of motion can be relieved. Massage can also help the digestive and respiratory systems. Other physical benefits: improved posture, reduced blood pressure, improve lymphatic and blood circulation, enhanced immune and hormone function and promotes wound healing to name a few.

MENTAL AND EMOTIONAL EFFECTS:

The deeply relaxed state that can be produced through massage helps to clear the mind and provide for energy to be more easily accessed to solve problems. Massage creates a sense of nurturing and caring which strengthen the person's ability to cope more effectively. Getting rid of deep seated buried emotions in the body, frees energy so that the individual can become more joyful and playful, which in turn reduces stress thus providing the opportunity to be more alive, alert and aware.

SPIRITUAL EFFECTS:

Being nurtured through touch is one of the deepest spiritual connections possible. It helps us to be more fully connected to our basic values in life. It will facilitate being calm inside and reaching our inner selves and opening to a Higher Power to seek to find peace and tranquility.

OTHER CONSIDERATIONS:

A full body massage takes roughly 30-90 minutes depending on the work desired and the time available. Massage therapy should be a pleasant and soothing experience. Tell the practitioner if you feel any discomfort and he or she will ease the pressure of touch. Right after your treatment you may feel very tired. Drinking a glass of water is a good idea (it is recommended that we drink eight- 8 ounce glasses of water daily unless there are medical restrictions). You may ache a little the next day but this will soon wear off. It is important that you communicate your needs and health problems to the practitioner so that you receive the best possible care.

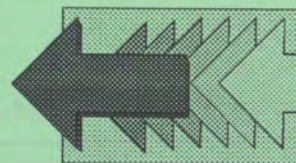
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1988

April



S M T W T F S

1



Happy Birthday
Barbara F.

2



B-Day Wishes to
Viki G.

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Happy Birthday
Sherri H.

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Birthday wishes to
Colleen L. &
Sharon S.

19



Happy B-Day
Cheryl W.

20



Millie L.'s
Birthday

21



Birthday wishes
to
Bridget K.

22

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24



Happy Birthday
Lynn C.

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